

MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
	Lettuce, tomato, sweetcorn and tuna salad 	Paella 	Vegetables stewed with potatoes (carrot, courgette, onion, pepper ) 	Carrot cream soup
	Fusilli Bolognese 	Grilled tilapia with sautéed green beans 	Hake fillets with mushrooms 	Marinated pork loin with lettuce and tomato salad 
	Fruit	Fruit	Fruit yoghurt 	Fruit
				Whole-wheat bread 
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Rice with tomato sauce	Courgette cream soup 	Vegetables and white bean stew 	with lettuce, sweetcorn, grated carrot, green olives and hard-boiled egg salad 	Stewed potatoes with chorizo 
Monkfish tail in American-style sauce with sautéed carrot 	Roast chicken ham in its natural juice with lettuce and sweetcorn salad 	Biscayan-style hake with lettuce and carrot salad 	Macaroni in carbonara sauce 	French omelet with sautéed green beans 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
				Whole-wheat bread 
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
Lettuce, tomato and hard-boiled egg salad 	Stewed potatoes with hake 		Pumpkin cream soup	Andalusien-style stew 
Rice with vegetables 	Hard-boiled eggs with lettuce, tomato, sweetcorn and onion salad 	Grilled hamburger (meat mixture) with sautéed carrot 	Chicken croquettes with lettuce and tomato salad 	Biscayan-style hake with sautéed mushrooms 
Fruit	Fruit	Fruit	Fruit yoghurt 	Fruit
				Whole-wheat bread 
MONDAY 30	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
Courgette cream soup 				
Chicken nuggets with lettuce and sweetcorn salad 				
Fruit				
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11

Water and bread are included in all menus.

